

DIABETES SELF-CARE GOALS AND PLEDGE

You are the key person to take care of your diabetes. You can prevent or delay problems with your eyes, kidneys, feet, gums, and heart. We will guide you and offer support. Here are some things you can do to stay well with diabetes.

Circle the goal (or goals) that you would like to work on to manage your diabetes.



I will work to keep my A1c below _____ and go to my scheduled clinic visits.



I will walk _____ minutes _____ day(s) a week. If I feel chest pain or tightness, or shortness of breath, I will stop walking. I will go to the clinic or hospital and talk with my doctor.



I will take my diabetes pills or insulin and other medicine as my doctor has told me.



I will check my feet each day. If I see a sore or redness and swelling, I will go to the clinic for a foot check.



I will eat more healthy foods. I will eat more veggies. I will drink more water. I will keep my portion size small (circle your choice or choices).



I will lose _____ pounds of weight in the next _____ months.



I will stop using tobacco such as cigarettes, chew, e-cigarettes, and cigars. I will limit my alcohol intake (circle your choice or choices).



I will take a baby aspirin or coated aspirin each day, if my doctor tells me.



I will use less salt to help lower my blood pressure.



I will talk with my family and friends about diabetes. They can offer support.